



## 25 Hour Teacher Training Weekend

### Traveling from the Outside In

#### 1. Hands-On Adjustments and the Art of Looking at Bodies

A great yoga teacher can read bodies and understand what adjustments and instructions to give so student can move into better alignment from within. We will look at different types of bodies in the poses and learn how to read what adjustment that student may need. Learn the skill of hands-on adjustments by grounding your students first and teaching them how to eventually access these poses on their own. Adjust with confidence in a safe and effective manner so your students will leave with an understanding of how yoga works on their bodies and feel transformed!

#### 2. Advanced Asana

Learn what makes up an advanced practitioner and how to make advanced postures accessible. This will include a discussion of yoga classes in the western world today and what an advanced practice might look like. What elements create an advanced practice and which poses are considered advanced? This will also include a discussion on the higher limbs of yoga and the importance of *viveka* to discern which practice is right for you!

#### 3. The Art of Sequencing a *Vinyasa* Flow Class – Traveling From the Outside In.

Learn how to sequence from an anatomical place and move your students from their outer edges to the inner body, leaving your students feeling blissful and bright. Sequencing is a skill that can educate students on how their bodies work and how to access their *pranic* body so they leave feeling transformed! We will discuss anatomy, subtle body, and how to add the elements of philosophy into your classes!

#### **4. Understanding How to Work with Injuries**

Understanding injuries is a crucial part of being a yoga teacher these days. Most people that come to yoga usually have some type of injury they are working with. We will review common injuries and the anatomy involved with those injuries to help to build a healthy sequence that strengthens surrounding muscle groups around the injured area. Learn important questions and techniques to ask your students to help them approach their injuries with more awareness and mindfulness.

#### **5. Therapeutics – Three Hours**

Most of us live in an adrenalized state these days, challenged with ways to slow down and relax. Because of this, stress accumulates and disease begins to form. Simple modalities such as restorative yoga, breath awareness, and meditation can help alleviate stress and create a more peaceful balanced environment. These techniques keep your health at an optimal level and prevent future disease. We will explore different types of chronic illness and traumatic situations, using restorative sequences to help restore the body and mind to a more healing place.

#### **6. Finding your Authentic Voice and Self-Care – Three Hours**

As healers, we are constantly expelling our energy. We need to keep one eye on our clients and, most importantly, the other within. For this reason, we must always practice self-care. In this workshop, we will discuss what *self-care* is and how to continually apply it to your life so you can build a sustainable career and live in abundance.